

Career Tune-up: Planning for the Road Ahead

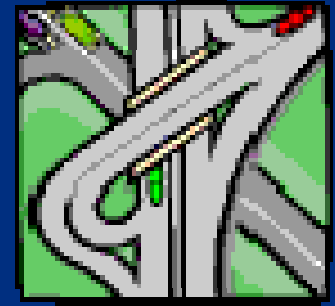


*Presented by Nancy Wallace
of the TSA Career Coaching Service*



Transportation
Security
Administration

Is Your Career Roadworthy?



Road - a metaphor for:

- ◆ Opportunity
- ◆ Exploration
- ◆ Growth
- ◆ Possibility
- ◆ Discovery
- ◆ Exhilaration

Along the road we find:

- ◆ Detours
- ◆ Traffic
- ◆ Potholes
- ◆ Roadblocks
- ◆ Railroad Tracks
- ◆ Slick Spots



Transportation
Security
Administration

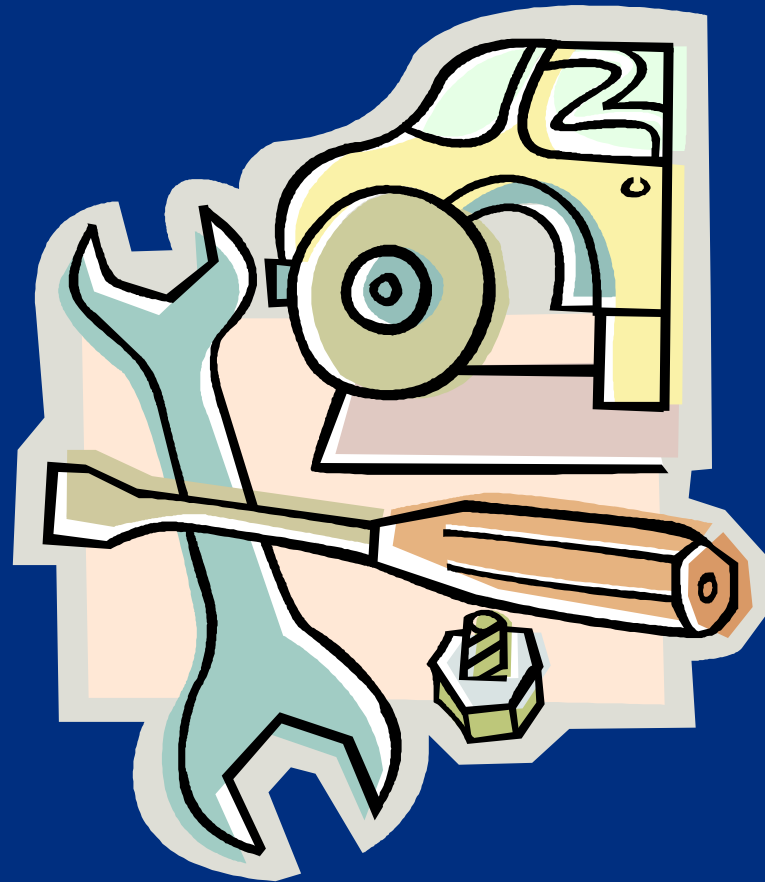
<http://www.TSACareerCoaching.com> 1-866-619-3697

2005

2

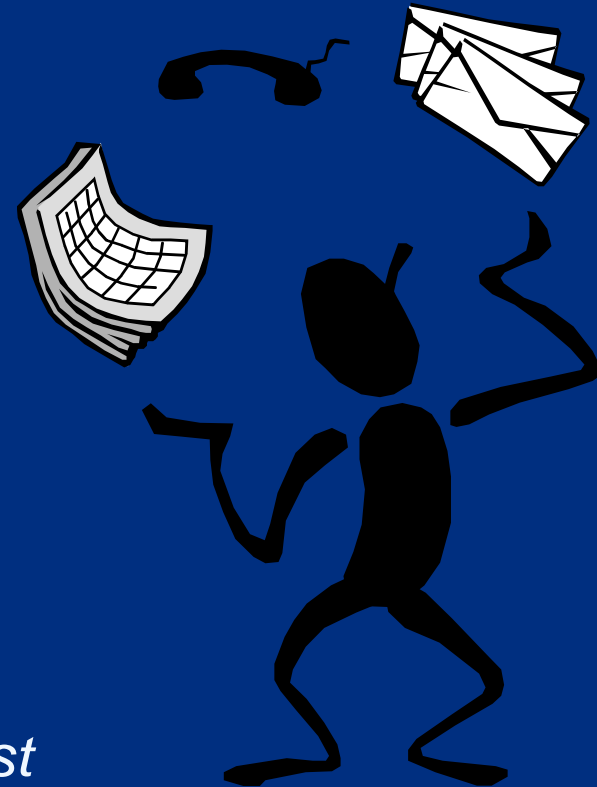
Avoid the Cost of a Breakdown!!

- Periodic *tune-ups* avert costly breakdowns
 - Alignment
 - Balance
 - Flush & Fill



Alignment

*Anything less than a
conscious commitment
to the important is an
unconscious commitment
to the unimportant.*



Covey, S. (1995, p. 32) *First Things First*



Transportation
Security
Administration

<http://www.TSACareerCoaching.com> 1-866-619-3697

2005

4

Alignment - Attitude

■ Attitude

- Flexibility & adaptability to handle continuous change
- Commitment to integrity & success of the organization
- Ability to function effectively in a diverse environment
- Willingness to engage in continuous learning and professional development



Alignment - Expectations

■ Expectations

- Regularly Clarify Your Values
- Document Your Achievements
- Take Charge of Your Career
- Set Realistic Career Goals
- Look, Listen, Learn

SMART Goals



Transportation
Security
Administration

<http://www.TSACareerCoaching.com> 1-866-619-3697

2005

6

Alignment - Actions

■ Actions

- Develop a Personal Mission Statement
- Find a Mentor
- Develop Your Network
- Engage in Continuous Learning Activities
- Use the TSA Career Coaching Service & Resources
- Create Your Career Plan & Discuss with Your Supervisor



Balance

- “Life is what happens to you while you’re busy making other plans.”

- John Lennon



Transportation
Security
Administration

<http://www.TSACareerCoaching.com> 1-866-619-3697

2005

8

Balance – Life Circle

- **WORK**
- **PERSONAL GROWTH**
- **LEARNING**
- **LEISURE**
- **RELATIONSHIPS**
- **SPIRITUALITY**
- **FINANCES**
- **HEALTH**



Transportation
Security
Administration

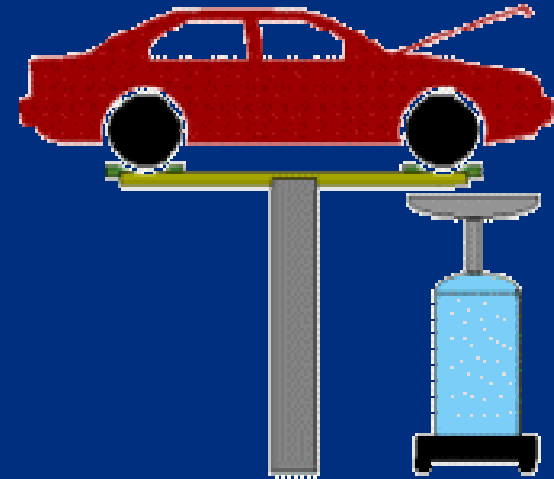
<http://www.TSACareerCoaching.com> 1-866-619-3697

2005

9

Flush & Fill – Enrich & Actualize

- Discard the old/sluggish fluid
 - Pour in the new/robust essence
-
- Identify Work Stressors
 - Identify Work Energizers
 - What Changes Can Be Made to Make Your Work More Enriching & Satisfying?



TSA Career Coaching Can Assist You!

- Take advantage of the many services TSA Career Coaching provides!
- Talk with a career coach to help you with enhancing, managing, or renewing your career.
- Call a Career Coach at 1-866-619-3697!



Transportation
Security
Administration

<http://www.TSACareerCoaching.com> 1-866-619-3697

2005

11